

Melons



Nutrition

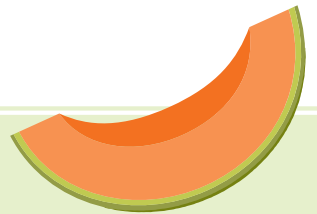
Melons are loaded with nutrition, including vitamin C, vitamin A, potassium, folate, vitamin B6 and antioxidants. They also have a high water content which helps keep us hydrated.

How Melons Are Grown

Melons require warm weather for proper growth, so planting in Kansas usually occurs mid-May. Flowers are produced on the plant, which bees assist in taking pollen from one flower to the other. Pollination is necessary for melons to grow. Without pollination, the melon fruit would be underdeveloped and of poor quality.

Did you know?

- Watermelons are closely related to cucumbers and gourds.
- Due to being closely related to cucumbers and gourds, the state of Oklahoma has determined watermelon to be a vegetable.
- The heaviest watermelon on record was grown in Tennessee and weighed in at 350.5 pounds!



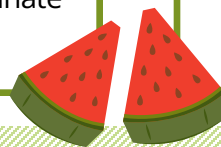
Harvest

Melons are typically ready to be harvested 60-85 days after planting. In Kansas, this is June to September.



Preparation

Bacteria can be transferred from the outside of the melon to the inside through the cutting process. Wash the outside of the melon prior to cutting to help eliminate bacteria transfer.



Storage

Ethylene gas, produced by fruits like grapes and apples, may shorten a melon's shelf life. Store melons away from these fruits. Once melons have been cut, store in an air tight container for up to 5 days.